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Trade schools take smaller cut

Discrepancy.

Institutions in Calgary, Edmonton suspending programs, firing staff, slashing enrolment

Tech-savvy and trades-focused Alberta schools appear to have been spared from the sharpest cuts to provincial post-secondary institutions, according to overall budget breakdowns provided by the government to Metro for the first time.

The data includes previously reported uniform 7.3 per cent reductions to Campus Alberta grants, but also includes funding alterations for infrastructure and apprenticeship technical training grants.

Those latter grants have helped soften the blow at institutions like Calgary's SAIT and Edmonton's NAIT, which will see their overall funding amounts reduced 5.6 per cent year-over-year.

But other major schools like Grant MacEwan University and Mount Royal University will

each see their provincial offerings trimmed nine per cent, while the University of Alberta will see 7.8 per cent less funding and the University of Calgary will make do with 8.3 per cent less.

The discrepancy in funding caught many post-secondary advocates off-guard Tuesday, but Doug Spurgeon, president of the SAIT faculty association, said it sends a clear message the province is putting its priority on trade careers.

"To me, the writing was on the wall that we were going to come out of it barely touched," he said. "It's what the provincial and federal government have been saying, they want the people trained to do jobs ... they want the apprentices trained."

SAIT's administration has declined to comment on its financial outlook until a final operating budget for 2013-14 is approved later this month, but Spurgeon said he's only heard of three faculty members not having their contracts renewed to date.

NAIT, meanwhile, is ex-

pecting to increase its apprentice seats by more than 1,300 this fall, a representative said Tuesday.

The province specified in an email Tuesday that the technical grants are determined through negotiations with institutions and industry and indicated in an email the return on investment was promising.

"Employers provide approximately 80 per cent of training in an apprenticeship program," the email said. "The remaining 20 per cent is provided through technical training at institutions."

But that did little to reassure student representatives at schools that have been — or expect to be — the hardest hit by the cuts.

"I'm not sure why the U of A seems to be getting less than other institutions and I'm concerned it would further diminish the quality of our education," said Adam Woods, vice-president external for the University of Alberta Students' Union.

JEREMY NOLAIS/METRO
WITH FILES FROM ANNALISE KLINGBEIL



SHARING THE ROAD

A pair of cyclists share a stretch of 3 Avenue with motor-vehicle traffic Tuesday afternoon. Car-bicycle interactions aren't always as smooth, however, as Metro explores today as part of our week-long series on cycling in Calgary. See story, page 4. ROBSON FLETCHER/METRO



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Tasty typo

Calgary's @Wendy reclaims Twitter handle from fast-food chain

When Wendy Peters was seven, her mom put a note in the comment box at Wendy's fast-food chain suggesting all little girls named Wendy should get free hamburgers.

"Twenty-some years later, I guess it came true," Peters said.

The Calgarian social-media fiend ended a 90-day "vacation" from her personal Twitter account Tuesday after lending the @Wendy handle to the chain.

On the morning of March 20, Peters woke up to a tweet from the restaurant and before she knew it, she was on the phone with a Wendy's executive.

"Basically, from what I've gathered on their end, they had a misprint in a flyer for a contest they were doing, and the flyer had already been printed and sent out across the U.S.," she said.

The flyer instructed customers to tweet @Wendy's instead of @Wendys, and because of the apostrophe, the traffic was coming to @Wendy.

Peters agreed to temporarily vacate and allow Wendy's to rebrand her account in exchange for some compensation.

"I got some coupons and things," she said.

Peters, who works as the Calgary community manager for Yelp.ca, said going without her personal account for so long was a challenge.

"I'm very happy that I have it back," she said. "I didn't realize how much I'd miss it." **KATIE TURNER/METRO**



Olivia Popovich says her daughter Vita, left, has benefited greatly from attending Calgary Arts Academy. Vita's younger sister, Luca, will start kindergarten there in the fall. ROBSON FLETCHER/METRO

Minister to CBE: Extend charter-school leases

'Conditional' support.
Controversial sites tied to promise of new public schools



JEREMY NOLAI

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Calgary's public-school board won't be ordered to free up more space for charter institutions but needs to look at extending leases for existing sites, the provincial education minister said Tuesday.

Jeff Johnson's comments

came one day after Metro first reported a letter from him and Infrastructure Minister Wayne Drysdale to Calgary Board of Education chair Pat Cochrane stressing that six new schools announced for the board last month were "conditional" on their supporting longer leases and potential transferring sites to the government-funded schools.

Johnson said the charter sites that already exist — the CBE currently leases 14 — are dogged by instability since they can be moved at the will of the public board. Similar issues are being faced by francophone

Sites
14

The Calgary Board of Education currently leases 14 sites for charter schools with agreements ranging from one to 15 years.

schools, he said.

"It's not about expanding charter schools ... it's not about expanding their (enrolment) caps," he said. "It's just about giving them the stability they need to deliver good programming. They do have permanency. They are going to con-

tinue on. That was in question years ago — it's not in question now."

The minister's concerns come as the CBE is exploring the possible move of the charter Calgary Arts Academy out of the former Glenmeadows School site as early as next year to make way for surging public-student enrolment in the area.

But CBE superintendent of infrastructure Frank Coppinger said the move would come only through a "mutual agreement," adding the conditions in Johnson's letter were "all new to us.

"We haven't been through this exercise yet," he said.

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Respect, education and etiquette lead to a safer road for cars, cyclists

2 vs. 4 wheels. Whether you're on a bike or behind the wheel a safe commute means showing R-E-S-P-E-C-T

 **DARREN KRAUSE**
darren.krause@metronews.ca

For cyclists and vehicles to enjoy a harmonious relationship on Calgary roads, respect for each other — and the rules — is the linchpin, say both the police and a local cycling advocate.

Bike Calgary director and Ward 9 biking lead Kimberley Nelson has seen and experienced the lack of respect on Calgary roads from both cyclists and those behind the wheel.

"We stop thinking about the respect that you need to have as a vehicle — it doesn't matter if it's a bike, a car, a skateboard," Nelson said. "If you're not respecting other users on the road, it doesn't matter what you're in or on."

Nelson, a certified Can-Bike 2 urban cycling instructor, believes a solid understanding of the rules of the road — for both cyclists and drivers — is fundamental in creating safe roadways for both.

"Our entire traffic system only works if everybody follows the rules," she said, recalling a recent confrontation on Macleod Trail, where a driver felt as though she shouldn't be taking up a whole lane on her bicycle.

According to information collected in 2009 by the Ontario Injury Prevention Re-



Cyclists and motorists share the road peacefully on the Tuesday afternoon commute. ROBSON FLETCHER/METRO

source Centre, 94 per cent of bicycling fatalities were the result of poor driving or bicycle-riding practices, "particularly driver inattention and disregarding traffic signals and signs."

This underscores the importance of understanding and following the same rules of the road, according to Const. Randy MacDonald of the Calgary Police Traffic Education Unit.

"As long as both par-

ties do that, there's lots of room on the road for both to exist," he said.

"It needs to be a respect for both users of the roadway.... Whether that's a vehicle, pedestrian or a cyclist. If you have that, you really don't have any problems."

Part of the education provided by Nelson and the Bike Calgary urban skills program gets city cyclists acquainted with the basics of

loading bikes on bus racks, of riding C-Trains, and of pathway etiquette, but a larger portion is straight roadway training.

It provides a key component to making cyclists road-ready — understanding the rules and the rider's limitations.

"Comfort level is critical," she said.

"You have to understand your own skill level to be safe."

Rules are rules

- Cars and bicycles are both governed by the same rules under the province's Traffic Safety Act.

- To test your knowledge of cycling rules, visit metronews.ca/calgary for an online quiz.



Five cycling rules of the road you may not know

Bound by the same rules

Cyclists have all the rights of motorists on the road, but are also subject to all the same rules.

Single file, please

People riding bikes together must travel single file and not side-by-side — unless passing.

Ring, ring

Bicycles in Calgary need to be equipped with a horn or a bell and have proper lighting/reflectors for "night" for both pathways and roads.

Bikes can ride in the HOV lanes

Bicycles are considered high-occupancy vehicles, and are allowed to travel in designated HOV lanes.

Check and signal

During turns or stops, you must shoulder-check and then use the appropriate hand signal.

Hardcore: Day 3

TRAFFIC, THUNDER AND TECHNICAL TROUBLES



ROBSON FLETCHER
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Richard Zach of Bike Calgary once told me cycle commuting on Macleod Trail, south of Union Cemetery, is only for the "really, really, really hardcore" riders.

On Tuesday, I went hardcore.

For Day 3 of my cycle-commuting experiment, I plucked up the courage to ride what is normally the first half of my commute by car — up Macleod Trail from 50 Avenue S.W. through downtown, and onto the 5th Street flyover.

And, yes, I lived to tell the tale.

It actually wasn't all that scary. If anything, it was more frustrating, as construction on Macleod near 17 Avenue ground my commute to a slow and halting pace for much of the morning. It made me long for my longer but unimpeded riverside commute on Day 1.

Adding to the frustration were numerous mechanical problems. My chain slipped off my gears several times on the ride, probably partly due to the rain and partly due to my more aggressive shifting and pedalling in motor-vehicle traffic, which I find motivates me to ride harder.

Of course, the gear failures happened at the most inopportune moments, but fortunately all were easily fixed at the side of the road.

And, oh, did I mention the rain?

Yes, as I crossed over the flyover, lighting crashed and the second half of my commute became a truly wet one. Despite another gear failure or two, I managed to arrive at work — soaked and exhausted, but with a tale to tell.

More on the web

- To see Robson Fletcher's cycle commute — via his chest-mounted GoPro video camera — visit metronews.ca and click on the "Cycling in Calgary" link.



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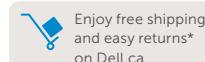
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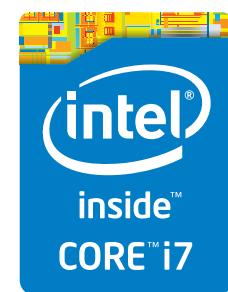
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Sled Island. Art and music festival previews at market

To get Calgarians stoked for this weekend's Sled Island festival of music and art, Hillhurst-Sunnyside Farmers' Market is previewing three featured bands at Wednesday's solstice market.

Alanadale, Skye Wallace and Cody Swinkels of No River will be serenading marketers at the Hillhurst-Sunnyside Community Centre from 6 to 9 p.m., performing an additional two hours after vendors tear down their booths.

"We thought it'd be a cool opportunity to get people excited about Sled Island," said

Learn more

- Sled Island, running from June 19 to 22, features more than 200 acts and more than 100 artists, filmmakers and comedians. For more info, go to slelisdland.com.

Kate Stenson, community food program co-ordinator for the Hillhurst-Sunnyside Community Association.

ALLISON PARDER/FOR METRO

Stopped for speeding

One expensive car dryer

An \$800 fine and a 45-day driving suspension were meted out to a 67-year-old man caught driving at 180 km/h south of Black Diamond in February. The man said his car was just washed and he was drying it off. **METRO**

Home care

AHS reverses cuts to care co-ops

Alberta Health Services won't cancel home-care contracts with three Edmonton supportive-living co-operatives. AHS has also reached an agreement with 13 home-care providers in Calgary and Edmonton. **THE CANADIAN PRESS**

Planners to study big-box stores that are 'more than one thing'



Ald. Druh Farrell wants city planners to explore big-box/retail combinations such as this 2010 rendering of a proposed Safeway-anchored apartment block in Maryland. DRAWING BY HORD COPLAN MACH/CONTRIBUTED

Why not here? Council approval still needed before multi-use study gets go-ahead



ROBSON FLETCHER

robson.fletcher@metronews.ca

City officials want to know why more big-box stores in Calgary aren't being built for multiple uses, such as supermarket/apartment-block combinations that are increasingly common elsewhere.

"There are some types of developments that are just becoming commonplace in suburban communities across

By the numbers

\$375K

The yearlong study is expected to cost \$375,000. The money would come from the Council Innovation Fund.

Canada — across North America — but they're not happening by rote here," Ald. Druh Farrell said. "Why is that?"

That's what head city planner Rollin Stanley hopes to find out with a new study that aldermen on Tuesday voted to support.

"This study will tell us, if we ask for that, will the industry be willing to move in that direction?" he said. "Or is it an added cost that they can't bear?"

Stanley pointed, as an example, to Safeway, since the company often builds major apartment complexes on top of its new buildings or redevelops old supermarkets to include a residential component, as part of its overall business model.

Safeway is unusual in that it often owns its own buildings, Stanley noted, while more typical retail arrangements involve separate land owners and tenants, each of whom are often more reluctant to deviate from old business models.

"Unless pushed a little, they won't," he said.



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Debate on Syria went better than expected, says Harper

Summit. But the final G8 statement remains non-committal on Assad, use of chemical weapons

The Group of Eight stopped short of calling for the ouster of Syrian President Bashar Assad in its final statement on Tuesday but did call for a swift end to the bloody civil war.

Shaky agreement

"We have ... a much better outcome than I thought we were going to have. We don't have, as I said, G7 plus one."

Prime Minister Stephen Harper, referring to Russia's dissenting opinion on Syria

Despite a lack of consensus among the G8, Prime Minister Stephen Harper said the outcome was better than expected.

Harper also spoke about Russian President Vladimir Putin in more positive terms than he has at any other point during his week-long trip to Europe, when he accused Putin of siding with "thugs."

Tensions have escalated over the past week since the U.S. announced it would supply weapons to the Syrian opposition after it found proof the Assad regime attacked its foes with chemical weapons.

Russia — the only member of the G8 that supports the Assad government — has been highly critical of the move. The Russians also assert that the claims about chemical weapons are based on flimsy evidence.

The rest of the G8 is split over whether the U.S. should

Consensus

While the G8 is split over Syria, there were agreements in other areas.

- They pledged to stop making ransom payments to terrorist kidnappers and to take action to combat hidden company ownership.

arm the rebels, but generally agrees that Assad must go.

The final G8 statement on Syria sought the middle ground. It condemned any use of chemical weapons without admitting any attacks actually happened. It also called for some sort of transitional government, without explicitly calling for Assad's ouster.

THE CANADIAN PRESS



Stephen Harper and U.S. President Barack Obama chat Tuesday as they stroll at the Lough Erne resort in Northern Ireland. The prime minister said their talk touched on the Keystone XL pipeline. ADRIAN WYLD/THE CANADIAN PRESS

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Taxpayer money. Senate cancels pep talk meant to ease tension over scandal



Marjory LeBreton, government leader in the Senate, says she was shocked to see an invite to a motivational Senate event. SEAN KILPATRICK/THE CANADIAN PRESS

Two speakers hired by the Senate to help motivate senators and staff in the midst of a raging scandal over the abuse of taxpayers' money have had their event cancelled, pending further discussion.

Communications consultant Barry McLoughlin and motivational speaker Marc-Andre Morel had been slated to talk about "the enduring value of the Senate and help bring a little perspective to the current situation," according to an invitation that went out Tuesday morning.

But after a story by The Canadian Press publicized the event, a number of prominent senators blew a gasket.

Marjory LeBreton, govern-

ment leader in the Senate, said the idea was discussed in principle at a meeting of the internal economy committee's steering committee. But it was never approved by members of the committee.

"I was shocked when I saw that (email)," LeBreton said outside the Senate chamber.

Asked if she thinks hiring speakers is a waste of money, LeBreton responded: "At this point in time, I certainly do."

It was not immediately clear how much the Senate contracted to pay for the speakers.

The talks had been scheduled for Wednesday afternoon — when the Senate is supposed to be sitting.

THE CANADIAN PRESS

Spies and allies

Canada might have helped spy on G20

Leaked documents suggest Canada helped the U.S. and Britain spy on the London G20 summit four years ago.

Britain's Guardian newspaper says spies monitored the computers and intercepted the phone calls of foreign politicians and officials at two G20 meetings in London in 2009.

The Guardian published PowerPoint slides describing the operation, including one featuring the emblem of Canada's electronic eavesdropping agency.

THE CANADIAN PRESS

Yukon

Calls in the clink to cost criminals cash

Prior to this month, inmates at the Whitehorse Correctional Centre could make free telephone calls.

However, the jail sometimes didn't know who they were calling — or threatening. The jail now requires inmates to pay at least \$1.35 to make phone calls, and all public calls will now be recorded, except for legal and privileged calls.

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Knox acquittal neglected evidence, high court says

Italy's high court on Tuesday harshly faulted the appeals court that acquitted American student Amanda Knox of murdering her roommate, saying its ruling was full of "deficiencies, contradictions and illogical" conclusions. It ordered a new appeals court to consider all the evidence to determine whether Knox helped kill the young woman.

In March, the Court of Cassation overturned Knox's acquittal in the 2007 murder of British roommate Meredith Kercher, 21, and ordered a new trial. On Tuesday, the high court issued its written reasoning for doing so.

The 74-page document picked apart the 2011 appeals-court decision that freed Knox, faulting the judges for ignoring some evidence, considering other evidence insufficiently and undervaluing the fact that Knox had initially accused a man of committing the crime who had nothing to do with it.

At one point, the high



Amanda Knox THE ASSOCIATED PRESS FILE

court said the appeals sentence "openly collides with objective facts of the case."

Among the undervalued pieces of evidence was Knox's own statement to police, written in English after her police interrogation, in which she wrote that while she couldn't remember clearly, she had an image of herself in her apartment kitchen with her hands covering her ears to drown out Kercher's screams.

Kercher's body was found in November 2007 in her bedroom of the house she shared with Knox in Perugia. Her

Uncertainty ahead

- Italian law cannot compel Knox to return for the new trial and her lawyers have said she has no plans to do so. It is unclear what would happen to Knox if a possible conviction from the new trial is upheld on final appeal.
- No date for the new trial has been set.

throat had been slashed.

Knox, now 25, and her Italian ex-boyfriend, Raffaele Sollecito, 29, were initially convicted of the crime and sentenced to long prison terms. Both denied any involvement, saying they weren't in the apartment at the time.

A young man from Ivory Coast, Rudy Guede, was convicted of the slaying in a separate proceeding and is serving a 16-year sentence.

THE ASSOCIATED PRESS

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Another Montreal mayor bids adieu amid scandal

Resignation. Vote at city council next week expected to decide replacement until November election



Montreal Mayor Michael Applebaum announces his resignation at a news conference on Tuesday. PAUL CHIASSON/THE CANADIAN PRESS

Quoted

"I hope you understand that I will put my energy into my defence and my family. This is why I am resigning as mayor of Montreal. It is the responsible thing to do."

Michael Applebaum

ly when they actually mean to say "disappointment."

The mistake was not without irony.

Applebaum spent much of his statement combating the notion that he had deceived Montrealers. Seven months after he took office on a promise to fight corruption, Applebaum insisted he had never participated in illegal schemes and said he had achieved successes in cleaning up city hall.

The charges against him stemmed from alleged acts that occurred from 2006 to 2011, before he became mayor. While police offered few details, they said the charges related to real estate projects in the west-end borough Applebaum led.

Police said they believe bribes were paid to influence zoning and permit decisions.

THE CANADIAN PRESS



tion after a discussion with my lawyer because I thought it was better than the alternative of this hanging over all of us for

months," he told the newspaper.

Under British law, a caution is a formal warning given to someone who admits the offence. It carries no penalty.

THE ASSOCIATED PRESS

Terrorism

U.S. surveillance halted NYSE attack: Officials

The U.S. foiled a plot to bomb the New York Stock Exchange because of the sweeping surveillance programs at the heart of a debate over national security and personal privacy, officials said Tuesday at a rare open hearing on intelligence led by lawmakers sympathetic to the spying.

The House Intelligence Committee hearing provided a venue for officials to defend the once-secret programs.

THE ASSOCIATED PRESS

EU slams Canada for holding up trade talks

Northern Ireland.

Pressure mounts as U.S. starts negotiations for own deal with EU

Canada has publicly been called on the carpet by the European Union for holding up free-trade talks. EU trade spokesman John Clancy took the unusual step Tuesday of criticizing Canada as the G8 summit in Northern

Ireland came to a close.

"We are very close to an agreement," Clancy said in a statement. "The EU has shown pragmatism and flexibility and is ready to take the last steps to achieve a political breakthrough in the negotiations."

"We have been awaiting a similar message from Canada since the trade and agriculture ministers met in Ottawa in early February."

Cranking up the pressure on Canadian negotiators is

Monday's announcement that the European Union and the United States are starting their own free-trade talks.

Some have suggested the European negotiators will now turn their attention to the Americans and give short shrift to Canada.

Prime Minister Stephen Harper, speaking to Canadian journalists at the lakeside Lough Erne resort, said there are positives and negatives to negotiating with the Europeans at the

same time as the Americas.

"In terms of our own negotiations, I think you could say maybe there are some advantages, maybe there are some disadvantages," Harper said.

"But I don't think it changes the fundamental calculus, which is we should stay at the table until we get a deal that's in the best interests of Canadians. We're not quite there, but we continue to make progress and we continue to be committed to progress." **THE CANADIAN PRESS**

What's the beef?

- Among the issues believed to be stalling the talks is duty-free access to European markets for Canadian beef.
- Ireland and France, two major beef producers, are believed to have concerns about the amount of Canadian beef allowed into Europe.



Should she be allowed into the EU duty-free? **THE CANADIAN PRESS**

Health.

Starbucks to post calorie counts at U.S. stores ahead of new law

Starbucks has a new way to wake up its customers: showing the calories in its drinks.

The Seattle-based coffee chain says it will start posting calorie counts on menu boards across the U.S. next week, ahead of a federal regulation that would require it to do so.

Calorie counts on menus are already required in some parts of the country, including New York City.

But starting June 25, Starbucks Corp. says customers at its more than 11,000 U.S. locations will be able to see that there are 300 calories in a small caramel Frappuccino and 230 calories in a small Iced Caffe Mocha. Pastry cases will also show calorie information. Starbucks Canada is not following suit at this time.

The move comes as the Food and Drug Administration irons out the details of a regulation that would require companies with more than 20 locations to post calorie information on their menus.

Other chains including McDonald's Corp. have also moved ahead with posting the information, saying they're providing it to be more transparent rather than because they're being forced to.

THE ASSOCIATED PRESS

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FURTHER YOUR PASSION

Oil spills

Feds raise offshore liability cap to \$1B for Arctic, Atlantic

The Canadian government is planning to introduce new rules to make drilling and production companies more accountable in the event of offshore spills.

Federal Natural Resources Minister Joe Oliver, speaking at a news conference Tuesday in Halifax,

said Ottawa will introduce legislation this fall to raise the liability cap for companies operating in Atlantic Canada's offshore to \$1 billion, up from the current \$30 million. The liability cap in the Arctic would also increase to \$1 billion from the current \$40 million, he said.

"This means companies would bear up to \$1 billion of responsibility for spill cleanup costs and compensation for damages whether or not they are at fault," said

Oliver.

He said the move is aimed at aligning Canada's rules with countries such as Norway, Denmark, the United States and the United Kingdom.

Oliver said companies are currently responsible only for cleanup costs and damages with measurable economic value. He said the changes would include so-called non-use value such as damage to the environment in liability calculations.

THE CANADIAN PRESS

Market Minute

DOLLAR 97.94¢ (-0.32¢)

TSX 12,367.46 (+78.56)

OIL \$98.44 US (+67¢)

GOLD \$1,366.90 US (-\$16.20)

Natural gas: \$3.90 US (+2¢)
Dow Jones: 15,318.23 (+138.38)

Research.

Team develops 'Sharp-shooter' drug aimed at several cancers

A team of Canadian and U.S. researchers has developed a new "sharp-shooter" drug they hope may be a breakthrough in treating several types of aggressive cancer.

The drug, known for now as CFI-400945, is a new class of cancer agent that targets an enzyme involved in some malignancies, among them some types of breast cancer and ovarian, colorectal, pancreatic and prostate cancers.

In tests on specially bred lab mice with human breast and ovarian cancers, CFI-400945 "responded spectacularly," significantly shrinking the tumours, said co-principal investigator Dr. Tak Mak of Princess Margaret Cancer Centre.

But the world-renowned researcher cautioned these results occurred in mice — and human cancers can be far more complex.

"To find a cure is our shared dream; our nightmare is that it is not yet within our reach," Mak told a packed news conference at the Toronto hospital Tuesday.

THE CANADIAN PRESS



HERE'S A TIP: DON'T EXPECT ONE?

OK, I have a cat here. And I'm going to place it gently among the pigeons, then back away:

Should tipping be banned?

A popular high-end New York restaurant called Sushi Yasuda thinks so, and has done exactly that. Servers are forced to live on their salaries. They also get, like, benefits.

The restaurant's owner says the tipping ban ends the bile-inducing requirement to calculate the tip at the end of the meal, recapturing the serenity of fine Japanese dining.

Just so, grasshopper.

This isn't a trend exactly, but there's also a bit of an outbreak in Chicago, where in some restaurants you pay for the meal before you even begin. Careful not to choke on the appetizer.



JUST SAYIN'
Paul Sullivan
metronews.ca

Right now, there are overworked and underpaid servers everywhere going WTF? This subject is not even open to negotiation.

Then, just as likely, there are customers who are wondering when the practice of tipping became an obligation under the Geneva Conventions, or wherever they issue those must-be-obeyed decrees.

There's even less room to weasel out of tipping these days. Now, the server hovers (anxious, vigilant) over your shoulder as you pay the bill on that portable Wi-Fi Visa machine with its handy tip-percentage button. I don't know about you, but unless the waiter flambéed my dinner companion, I dutifully press the 20 per cent button.

And if he/she does toast my guest, I only leave 15 per cent. You have to take a stand somewhere.

Back in the old days, if you were abandoned altogether

somewhere between courses, you could slide a penny under your dish and make your getaway, smug in the knowledge that you failed to put some kid through drama school. But there's no penny button on that infernal machine.

At the New York sushi restaurant, people were so brainwashed that they tried to write in a tip on the bill, even though there was no place to accommodate one. They just didn't get it, until the owners started red-circling the explanation about the tipping ban. Then they got it, and unless they were married to the server, they liked it.

I don't know about a ban, but it might not be a bad idea to restore the idea of the tip as an expression of appreciation for good service. Don't ban tipping; ban the obligation to tip.

Of course, now I've done it. I'll have to eat at home until the heat dies down. Maybe, just to be safe, I'll hire a food taster. Problem is, I'll have to leave a generous tip. Nobody wants an unhappy food taster.

ZOOM

Hi sea lion, nice to meat you



PABLO CERSOSIMO/SOLENT

Pup's close call with killer whale

This fortunate sea lion escaped the jaws of death by a few centimetres after a pod of killer whales risked beaching themselves while in pursuit of their prey.

The South American sea lion pup and others encountered the predatory mammals as they cruised along the coast of Valdes Peninsula in Argentina. **METRO**

Q and A

Near-death life lesson



PABLO CERSOSIMO
Professional photographer and safari guide, 44, from Buenos Aires, Argentina

It looks like this sea lion is doomed. This seal survived but others were not so fortunate. But in truth pups need a couple of

these bad experiences to learn that orcas are predators and that they will be part of their menu. When pups are one month old, they start venturing out into the water and at that stage they don't know what an orca is. They don't associate these whales with danger and often stay in the water when the predators show up. It's a life lesson for the pup.

In these hunter-versus-the-hunted scenarios, do you sympathize with one critter over another? No, I sympathize with both. The orca is one of my favourite animals — it's smart, intelligent and with many respects similar to humans. And I admire the sea lions for their ability to survive against this magnificent predator.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

The value of a good night's sleep has been drilled in our heads since bedtime was at sunset — but knowing to go to bed early is different than falling asleep early. For those who need more than sheep counting, gentle ocean sounds or three fingers of Scotch to help catch some Z's, technology is on your side. Pull down the black-out blinds, fluff the pillows and get in bed ... with your phone.

Sleep Time

Pictured at right, this app tracks the time you go to bed, length of deep and light sleep, and eases you into the day with a soothing crescendo alarm that goes off when you're in the lightest phase of sleep. iOS and Android.



(did a 10-kilometre run before bed, ate spicy food for dinner, had a few drinks, etc.). Plus, the app runs in the background so you can cruise Facebook in bed without remembering to reset the alarm. iOS only.

SleepBot

Not only does this free app track your sleep, it also records the noises you make in your sleep (and therefore proving once and for all that you don't snore). Android only.

Sleep Cycle

Similar to Sleep Time, but for the \$0.99 charge you get a "personal notes" section to track your pre-sleep habits

Twitter



@metropicks asked: An expert says women study harder to instinctively prepare for single motherhood. Do you agree?

@mswitcherxo: Sad but true! Once upon a time my grandfather worked & took care of 9 kids! Now, can't even get a man to take care of 1!

@mswitcherxo: partying & hanging

out with friends make men learn social norms and men know instinctively that social skills >>> studying in real life

@VancyBakeShop: wonder how many of those polled actually ended up as single mothers vs. those who had support from their partner

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Brainless entertainment has zombies taking over the world

World War Z.

Filmmakers continue to capitalize by making corpses cool for the next generation of little guys and ghouls, who, in turn, eat it up



IN FOCUS

Richard Crouse
scene@metronews.ca

Zombies are the most recent and most unlikely pop culture heroes.

On TV, the recent Walking Dead finale drew almost 13 million viewers.

At the movies the zom-com Warm Bodies made still hearts beat again and outdoor recreation retailer REI even bandwagoned with their 13 Essential Tools for Surviving a Zombie Outbreak campaign.

This weekend Brad Pitt battles the undead in World War Z, an action thriller set against the backdrop of a worldwide zombie apocalypse.

The movie has the highest ratio of zombies to humans of any film this year, but

Zombie confusion

"As for why zombies are so popular, I really have no idea."

Brad Pitt
Star of World War Z.



Brad Pitt stars in *World War Z* but has no idea what makes zombies so appealing to a new movie-going generation. HANDOUT

don't ask its star why these cannibalistic cadavers are so trendy.

"As for why zombies are so popular," said Pitt, "I really have no idea."

Pitt may not be able to put his finger on it, but academics suggest a variety of reasons. Audiences are interested in zombies in times of crisis, when we feel disempowered, says one, while another writer proposes that they offer something more primal — that the zombies represent an example of control over death.

Whatever the reason, filmmakers have been capitalizing on these cool corpses for years. Some, like Night of the Living Dead and Shaun of the Dead are classics, others, like the stranger-than-usual Zombie Honeymoon, aren't.

The grand-ghoul of all weird zombie movies is 1968's Astro Zombies. Starring horror legend John Carradine and cult star Tura Satana, the story of superhuman monsters on a killing spree has inspired two sequels and a song of the same name by the Misfits.

The mockumentary American Zombie's tag line is, "We're Here. We're Dead. Get Used to It!"

Documenting the everyday "lives" of a community of zombies in California, it's a fake undead propaganda film that echoes the struggles of many minorities who have had to fight for human rights.

Fido, a Canadian film starring Billy Connolly and Carrie-Anne Moss, is set in a world where humans won the zombie war and, as victors, have made the undead their domestic servants.

Funny rather than scary, this one is worth a look to see the usually motor-mouthed Connolly in a fun, shambling and wordless performance.

Strangest of all the non-mainstream zombie movies? Poultrygeist: Night of the Chicken Dead, a movie musical about a fast food chain called American Chicken Bunker whose meals turn diners into chicken zombies. Gross, gory and gratuitous, badmovienight.com called it "one of the sickest, most depraved movies I've ever seen."

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SCENE



Britney Spears. ALL PHOTOS GETTY IMAGES

If you want to be cool like mommy, don't kiss mommy in public

Britney Spears admits she's starting to feel the sting of her kids getting older, particularly when it comes to her public displays of affection.

"My sons are six and seven, so they're just now

getting to the stage of where you can't kiss Mommy in front of your friends and all that kind of stuff," she tells Ryan Seacrest during a call into his radio show.

"They're getting what's cool and what's not."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Angelina Jolie comes under fire for health decisions

While Angelina Jolie has received near-universal praise for her decision to undergo a voluntary double mastectomy to prevent developing breast cancer, at least one person isn't impressed.

Cancer survivor Melissa Etheridge says that she has the same faulty gene Jolie has that makes cancer more likely, and she doesn't recommend the course the Oscar-winner took.

"I wouldn't call it a brave choice," she tells the Washington Blade.

"I think actually it's the



most fearful choice you can make when confronting anything with cancer."



Ben Affleck

Affleck finding that three's company

While Ben Affleck might have suggested he and Jennifer Garner were up for adding to their family following the arrival of their third child last year, he's apparently changed his tune.

"That's not going to happen," he tells Extra when asked about having a fourth child.

"We're in a really good place. Three is good. That's enough."



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The Power to Surprise

Finding free things in one of the world's most expensive cities may sound impossible. Surprisingly, Tokyo offers a wide range of museums, parks, historical sites and cultural activities for free — good news for budget travellers who want to see a lot and still enjoy expensive sushi.

THE ASSOCIATED PRESS



Old and new

Meiji Jingu Shrine is a piece of old Tokyo not to be missed. Boasting the nation's largest wooden "torii" gate, the shrine was built more than 90 years ago to commemorate Emperor Meiji, who reigned as Japan opened to the rest of the world after centuries of isolation. A short walk from the serenity takes you to Harajuku and Omotesando, a Mecca of latest fashion and culture, the district of "cool" new Japan. Walk down the Takeshita street packed with young people looking for the latest "kawaii" (cute) trends.

5

Free things to do in Tokyo



Japan's legislative home

Parliament, or the National Diet, as it is officially known, stands on a site once occupied by feudal lords and is now home to Japan's legislative headquarters. Completed in 1936, the building with a landmark pyramid-shaped dome houses the two chambers — the more powerful House of Representatives (Lower House) and the House of Councilors (Upper House) — under the Japanese parliamentary system. The Upper House provides a free hour-long tour when the house is not in session.

Tsukiji fish market

Sprawling Tsukiji fish market — the world's biggest — is where those beautiful slices of tuna on your sushi come from. Want to witness the famous tuna auctions? Then get up early and be there by 5 a.m. to queue up for the first 120 viewing slots. If that's too early, you can still spend hours roaming a maze of narrow alley ways, but watch out for the motorized carts whizzing around with ice troughs filled with fish.



Walk to Odaiba Beach

Need to burn calories after eating all the delicious local food, but you're too busy sightseeing? Here is a perfect plan — a scenic walk over the Rainbow Bridge to the reclaimed island of Odaiba out in the Tokyo Bay for a picnic, sunbathing on a man-made beach, or even a jog. The walk is just more than 1.7 kilometres including the 918-metre-long single-span suspension bridge and takes less than an hour one way.

Experience a (fake) quake

Japan is one of the most earthquake-prone countries in the world. This public facility, the Ikebukuro Disaster Prevention Center, run by the Tokyo Fire Department, offers a uniquely Japanese experience that can be educational, a bit scary, but also fun. Visitors can experience a tremor — as violent as the March 2011 disaster that struck northern Japan — in a quake simulator built in a living room set.



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Seviche is a seafood dish popular in the coastal regions of the Americas, especially Central and South America.

The dish is typically made from fresh raw fish marinated in citrus juice. Buy the freshest fish possible from a reputable fish store. You can also use white fish such as snapper, tilapia and halibut.

1. In bowl, place scallops, squid, onion, red pepper, tomato, garlic, lime juice, cilantro and oil; stir to combine.

2. Cover and refrigerate for 2 hours to marinate, stirring occasionally. Serve over lettuce-lined plates.

ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE) BY: ROSE REISMAN



This recipe serves four and contains 111 calories and 4 grams of fat per serving. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE)

Ingredients

- 1/4 lb scallops or shrimp, sliced
- 1/4 lb squid, sliced
- 1/2 cup finely chopped red onion
- 1/2 cup diced sweet red or yellow pepper
- 1/2 cup diced tomato
- 1 tsp crushed garlic
- 1/4 cup fresh lime or lemon juice
- 2 tbsp chopped fresh cilantro or parsley
- 1 tbsp olive oil
- Lettuce leaves

Drink of the Week

Skinny Swizzle

This low-cal cocktail is diet-friendly but doesn't skimp on flavour with a crisp combination of lime syrup, Angostura bitters and tonic water.

- 1 oz Belvedere Vodka
- 1 oz lime syrup
- Angostura bitters
- Tonic water
- Garnish: lemon, lime and cucumber wheels

Combine vodka with lime syrup, bitters and tonic water. Garnish with lemon, lime and cucumber wheels.

COURTESY OF BELVEDERE



Lunch or side dish. Shrimp Avocado Salad



Cooked, frozen shrimp is readily available at the supermarket and makes this dish a snap to make. If using fresh shrimp, remove the shell and then make a shallow cut down the back of the shrimp to expose the vein. Gently pull it out.

THE CANADIAN PRESS/ CANADIAN FISHING COOKBOOK BY JEFF MORRISON (COMPANY'S COMING, 2013)

Ingredients

- 500 g (1 lb) cooked medium to large shrimp, deveined
- 2 red peppers, seeded and finely chopped
- 2 avocados, peeled, pitted and chopped
- 3 ml (3/4 tsp) salt
- 5 ml (1 tsp) sugar
- 1 ml (1/4 tsp) pepper
- 8 to 10 leaves iceberg lettuce, torn into small pieces
- 125 ml (1/2 cup) Italian salad dressing

10 BIG REASONS TO BUY A NEW TOYOTA NOW

metronews.ca
Wednesday, June 19, 2013

WORK/EDUCATION

17

Exercise your right to stay healthy on the job

Let's get physical.
Scheduling in a good sweat between meetings can add some extra muscle to your nine-to-five

MEGHAN GREAVES
TalentEgg.ca

When heading off into the "real-world" as a new grad, you may find it difficult to get everything you want done.

One task that often gets pushed aside is hitting the gym on a regular basis. For most, working out directly before or after work isn't appealing. Who truly wants to wake up an hour early or get home an hour late? Not me.

So, if you're having trouble fitting your workouts before and after work, when can you? At lunch! For most full-time employees, you'll have an hour-long lunch, which gives you just enough time to get a quick work-out in.

Not sure if it's doable? Read on to learn why it completely is and how to do it!

Get everything in order

"I'd like a half hour workout with a side of shower time and spinach salad please!" — sounds like a little much right? It is possible though with a bit of organization. To do so, pack your work clothes, gym gear and home-made lunch with you

Your thoughts?

@TalentEgg: #QuestionoftheDay: Do you have a desk job? How do you stay active when you're sitting all day at work?



- @Joanne4RBC: A short walk after lunch. Take a break from the computer to rest your eyes. Enjoy some friendly chats with co-workers. Stretch!

- @Ellie_Khayatian: stepping away for a quick lunch break, giving your eyes a break. Also, making sure to squeeze in gym time as often as possible!

- @sarasherodrigues: Luncheon walks around the building, taking the stairs, plus actually going to people's desks instead of calling/emailing.

- @CarrieOswald1: Must look so weird dancing around in my office but I need to move & burn energy. Don't know how anyone could sit still for 8 hrs.

all in one bag so it's ready to go. This will make it easy for you to go from one thing to the next smoothly.

Intensity, intensity, intensity

Sometimes less is more! It's completely possible to have a short, intense workout if you plan your workouts

before hand. For example; if you're going to the gym three times a week on your lunch break, plan three different workouts for you to rotate through each day you go (on your phone, cue cards, etc). This will allow you to make the most of your gym time by having a game plan all while knowing that you're getting everything in that you need to.

Stay energized

When working out on your lunch break, it's crucial to hydrate and get the proper nutrients. Firstly, working out on an empty stomach isn't healthy. Secondly, you don't want work to be affected. Have a small snack (like yogurt, veggies and hummus, apple slices, etc.) before your workout and eat your lunch after your workout to keep you on your A-game.

Come in a little earlier, leave a little later

When first getting into your lunchtime workout routine, you might take a few extra minutes longer than expected. To ensure that your work isn't being affected, come in a bit early and don't hesitate to stay a bit later than normal. Once you start to get your routine down pat, you should be able to balance everything well.

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You don't need a gym: If there isn't a gym close to your work, you can still get an effective workout in. Make use of what you have at hand! Go for a run, walk, bike, rollerblade or even bring a yoga mat to a nearby park. iSTOCK



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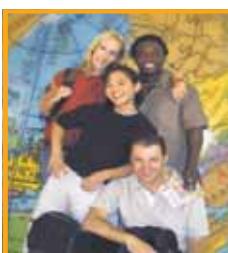
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WORK/EDUCATION

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Some workers don't recognize that self-respect and well-being are just as important as work ethic in the eyes of their superiors, so they strive to overwork but their plan backfires when their ailments affect their ability to perform.



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Your body of work: Could a desk lead to your demise?

Labour pains.

Did we really think technological innovation was going to make our jobs more convenient without any repercussions?

MARDI MORRISON
TalentEgg.ca

Think lounging on the couch watching a movie with a family-size bag of Doritos is worse for you than working at your office job? Think again. Researchers are saying the desk-job environment is the new silent killer.

According to a study by researchers at Louisiana State on occupation-related physical activity and its association with obesity, in the 1960s, nearly half of all jobs required physical activity, and today, less than 20 per cent do. It seems that remaining 40-something per cent has translated into skyrocketing obesity rates and other health problems, such as poor circulation, carpal

tunnel syndrome, blurred vision — and the list doesn't end there.

Those of us with desk jobs usually sit and gawk at a computer for eight hours daily, give or take.

We can see why this would be unnatural, but is it really so bad? Yes — it's been found that uninterrupted rest is the underlying culprit of this health phenomenon. Sitting down in front of a computer for a few hours is okay (let's be honest, if we weren't at work, we'd probably be doing it anyway), but without a break and a comprehensive stretch every once in a while, blood can't flow to where it needs to. To make matters worse, when we're sitting, we usually exhibit poor posture because that's what's comfortable.

We are simultaneously compromising our eyesight by being held hostage by a blinding screen all day. Our eyes weren't made to handle such intense stimulation for hours on end, so this irritation also leads to more headaches. And typing while we do this doesn't improve the situation; with our hands working the key-

board and mouse from dawn to dusk, we risk developing carpal tunnel syndrome, tendonitis, or The Claw, which Chandler developed on Friends after playing Pac-Man for hours straight. It's clear our bodies were built to do things in moderation.

Are we starting to see why our bodies hate us for our desk jobs? Students and recent grads may be naive to how this can affect them; they may believe they're young and therefore immune to these body strains, but the truth is that invincibility doesn't exist. There are also the eager kids who are in the process of launching their careers and feel they must impress their superiors by creating a hard-working perception of themselves. But you know what's really impressive? Knowing your limits — and taking a break once you've hit them. Most employers urge break-taking, but it nevertheless may be seen as a weakness by employees.

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lead to extreme efficiency.

- **Eat right:** You guessed it — spare a few extra minutes to pack a healthy lunch at least three days of the week, and eat it anywhere but your workspace. The desire to use your computer on your lunch to tweet the latest or catch a show is understandable, so if you insist on social media, take your mobile with you so you can remain mobile.

• **Change your scene:** Mix it up! If you're experiencing writer's block or sheer boredom, spring for a change and work in different places around the office, if possible. A change of scenery may inspire a change of ideas and keep you alert.

- **Be efficient:** Don't stay late too often. This could lead to psychological burnout and will eventually result in getting less done later. Work harder in fewer hours; you'll feel better about yourself for the time you've freed up for yourself.

• **Sit right:** The reality is we do have to sit sometime, so for when we do — sit right. If the possibility of developing a hunchback doesn't motivate you to sit up straight, swap your chair! Exercise balls are the new office chair: fit, fun, functional! If you're an extremist and want to take it a step further, they recently invented the treadmill desk — caution: may

Give 'em your best by getting some rest

You don't always lose when you snooze.

Five tips for getting enough sleep as a new graduate

MEGHAN GREAVES
TalentEgg.ca

There are many changes that come along with transitioning from the student world to the work world. One of the biggest changes that new grads face is in their schedule.

Getting enough sleep is important for everyone, but especially important for new grads as the change in routine tends to be a big one. Gone are the days where you could grab a couple extra minutes (or hours in some cases...) of sleep as you needed.

The side effects of sleep deprivation are scary, so we have the tips you need to make getting enough sleep simple.

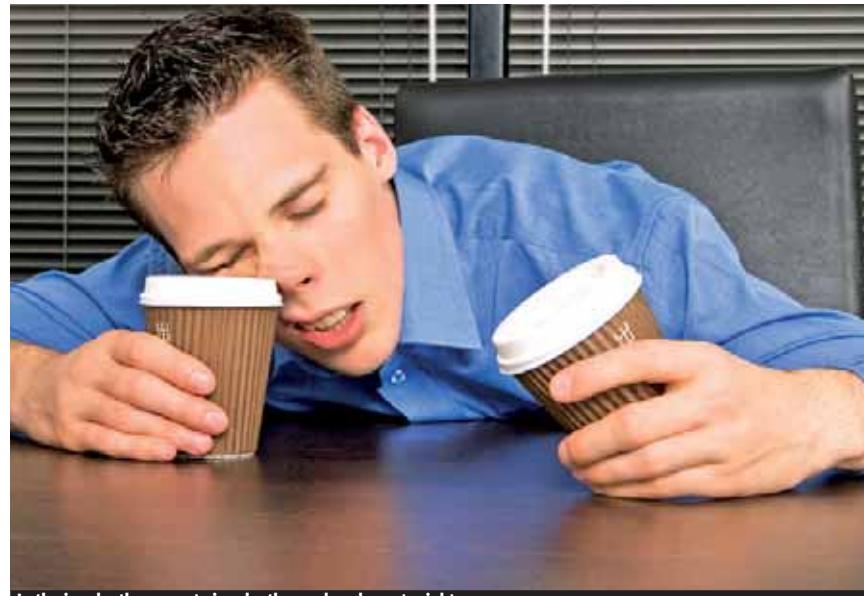
Create a routine
The first step in ensuring

Wind down

Sadly, our minds don't shut off the second we put our head on the pillow.

- Our bodies take time to relax enough to fall asleep.
- Winding down before you go to bed can be anything that relaxes you; reading a book, organizing your things for the next day, going for a walk, stretching, talking with your roommate.
- Whatever makes you feel less anxious — do it. This will help you be ready for a good night's sleep.

that you get enough sleep is setting a routine — and sticking to it. To do this, determine what time you have to wake up and count seven to nine hours back from there — that's your bedtime. For example, if you need to wake up at 6:30 am, you'll



In the jungle, the concrete jungle, the worker sleeps tonight. iSTOCK

need to go to bed between 9:30 p.m. and 11:30 p.m. depending on how much rest your body needs.

Turn off electronics

Set a curfew for your electronics. Researchers have found that there might be a correlation between using electronics before bed and sleep quality. In order to fall asleep, our

body needs time to wind down and it can't do that right after looking at the bright lights of a television, computer or smartphone. To make sure that your sleep isn't being hampered by

your electronics, try to stay away from using them an hour or two before you hit the pillow.

Stay away from sugar and caffeine

There's nothing like a sweet treat or warm drink before bed, but try to stay away from anything with high sugar or caffeine levels as they can keep you awake for hours after you drink them.

Say no

You might not be on the same schedule as your friends and family, but you don't need to be sleep deprived because of it. If your friends' plans are tiring and affecting your work ethic, don't be afraid to pass every once in a while. This doesn't mean that you should become a hermit, but be aware of when you need to put your sleep first and socializing second.

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Allen resurrects Heat's title hopes

NBA finals. Veteran's clutch 3-ball and James' big fourth quarter force Game 7

LeBron James shrugged off a poor start to get 32 points, 11 assists and 10 rebounds, Ray Allen hit a three-pointer with 5.2 seconds to play to force overtime and the Miami Heat staved off elimination with a 103-100 victory over the San Antonio Spurs in Game 6 of the NBA finals on Tuesday night.

James missed nine of his first 12 shots, but scored 16 points in the fourth to rally the Heat from a 10-point deficit. The Heat trailed 94-89 with 28 seconds to play, but James hit a three-pointer with 20 seconds to go and Allen drilled another to tie it.

James' layup with 1:43 to play in overtime gave the Heat a 101-100 lead, and Allen added two free throws to force Game 7, which is on Thursday night in Miami. The Spurs had one final chance down 103-100, but Chris Bosh blocked Danny Green's three-point attempt from the corner as time expired.

Tim Duncan had 30 points and 17 rebounds in a performance straight out of 2003. But he was scoreless in the fourth and overtime and the Spurs squandered a golden opportunity to close out the series and win their fifth title.

Mario Chalmers scored 20 points, Bosh had 10 points and



The Heat's LeBron James blocks a shot by Tim Duncan of the Spurs during Game 6 of the NBA finals on Tuesday in Miami. The Heat won 103-100 to force Game 7. KEVIN C. COX/GETTY IMAGES

11 rebounds and Shane Battier hit three three-pointers for the Heat, who trailed 75-65 after three quarters.

James eschewed his trademark headband in the fourth quarter, then spearheaded the ferocious comeback. He scored six straight points for the Heat, then fed Chris Andersen, who made a free throw to pull the Heat within two at 82-80 with seven minutes to play.

James then blocked a layup by Duncan and scored on the other end to tie it and Allen's

Game 6

103

100

Heat

Spurs

reverse layup gave the Heat an 84-82 lead with six minutes to go.

The Heat led 89-86, but Tony Parker hit a step-back

three and a layup to take back the lead.

After Allen's big shot from the corner sent the game into overtime, James scored on a layup for a 101-100 lead with a minute to go. The Spurs had a chance to take the lead in the closing seconds, but Manu Ginobili's drive was thwarted and Allen hit two free throws.

Bosh blocked Danny Green's 3-pointer at the buzzer, and the defending champs lived to fight another day.

THE ASSOCIATED PRESS

Stars get their deals



1 Detroit's dirty dangler. Wings, Datsyuk make 3-year deal

The Detroit Red Wings agreed to a \$22.5-million, three-year deal with Pavel Datsyuk. THE ASSOCIATED PRESS

2 Staying in Shark Tank.

Couture: Yes way, San Jose

The San Jose Sharks agreed to a contract extension, reported to be for five more seasons, with star centre Logan Couture. THE ASSOCIATED PRESS

3 The Streit goods. Flyers lock up defender

A person familiar with the deal confirms veteran defenceman Mark Streit has agreed to a four-year, \$21-million contract with the Philadelphia Flyers. THE ASSOCIATED PRESS

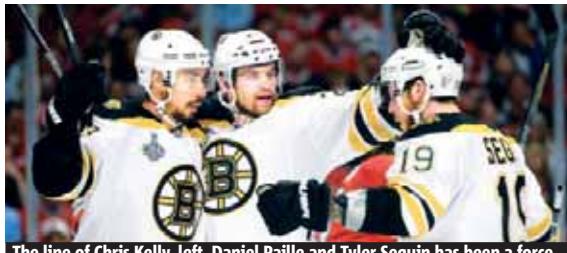
Boston's 3rd line is Chicago's No. 1 enemy

Chris Kelly, Daniel Paille and Tyler Seguin have proved to be a winning combination for the Boston Bruins.

"I'm just a little ticked off that I didn't put them together sooner," Boston coach Claude Julien joked Tuesday.

Julien threw the line together in Game 2 of the Stanley Cup final and it has quickly become a thorn in the side of the Chicago Blackhawks.

Kelly scored to pull Boston even before Paille settled it in overtime. Paille scored the winning goal again in the 2-0 victory Monday, while he and Kelly drew penalties that ultimately led to Patrice Bergeron's



The line of Chris Kelly, left, Daniel Paille and Tyler Seguin has been a force for the Bruins in the last two games. HARRY HOW/GETTY IMAGES

insurance goal on the power play.

Julien credited their hard work on the Paille goal Monday. "Great forechecking job

forces a turnover. A guy in the open. Once the turnover is there, pass to the slot, good shot. But also staying on top of the puck, we won two battles right after that shot in order to

score that goal."

He also pointed to Seguin's maturity.

"What he's realized is that just because you don't score doesn't mean you can't be a good player," said Julien. "He's been a good player because he's competed hard in all areas of the ice."

Asked about the Bruins line, Chicago coach Joel Quenneville said in some games the top lines neutralize one another.

"Those (secondary) lines score meaningful goals and have meaningful stretches where they're the difference-makers in the outcomes of games." THE CANADIAN PRESS

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The lavish 2014 Lexus IS



ALL PHOTOS WHEELBASEMEDIA.COM

Review. OK, no more Mr. Nice Guy; Toyota's luxury brand is here to take down the big guns

MALCOLM GUNN
wheelbasemedia.com

The 2014 IS remains the class rebel of the Lexus fleet, which is great news for those who derive their driving kicks from compact luxury cars that are fleet of foot, strong of character and provide power to either the rear or all four wheels.

The main reason for the IS's existence is to bait BMW 3-series, Audi A4 and Mercedes-Benz C-Class fans into switching teams. Toyota's

premium division has learned plenty from its previous two IS generations and now appears to be an even stronger contender with the new-for-2014 version.

The IS, with its 20 per cent stiffer platform, has grown nearly nine centimetres in length, with seven more centimetres between the front and rear wheels, while width and height increase only slightly. Rear-seat riders now benefit with a bit more leg and hip room, which was a drawback on the previous IS.

All passengers will appreciate the more modern-looking cabin that is neatly trimmed out with more centralized controls, touch-sensitive switches and a console-mounted cursor-type knob for selecting various infotainment choices.

The rear and all-wheel-drive IS 250 and all-wheel-drive 350 employ six-speed automatic transmissions. An eight-speed automatic is standard when the rear-wheel-drive IS 350 is selected. All-wheel-drive, which is a \$3,800 option, splits the torque 50:50 (front/rear) in normal driving situations, but will transfer up to 70 per cent to the rear when wheel slippage is detected.

The IS has Drive Mode Select throttle and transmission programming, with ECO, NORMAL and SPORT S modes for rear-wheel-drive models, plus a SNOW mode for AWD-equipped cars. With an estimated starting price of about \$38,000 for the 250 and \$48,000 for the 350, including destination charges, the Lexus duo offers an array of

standard equipment, but most buyers will likely opt for one or more of the option groups that upgrade the car to full-on luxury status. They include, among others, a navigation system with backup camera, premium Mark Levinson

Compare



1 BMW 3-series
Base price: \$37,400



2 Cadillac ATS
Base price: \$34,000

Design

The latest IS has sharpened its demeanor. In front, the car exhibits a hunkered-down stance, aided by a more aggressive nose and what Lexus calls its "spindle" grille that sticks out from the crowd. Also visible is more defining side sculpting extending along the lower body plus an integrated rear deck spoiler.

Engine

If you're familiar with the previous IS drivetrains, you can skip the next sentence. The IS 250 keeps its 2.5-litre V6 with 204 horsepower and 185 pound-feet of torque, while the IS 350 continues with 306 horsepower and 277 pound-feet of torque emanating from a 3.5-litre V6. Both are carry overs.

brand audio package, heated and cooled seats and a wood-trimmed interior.

The 2014 IS is truly more of a match for the competition. It also strengthens Lexus's position as a purveyor of vehicles with passion and prestige.

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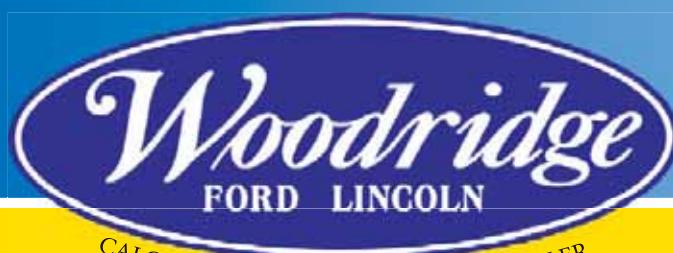
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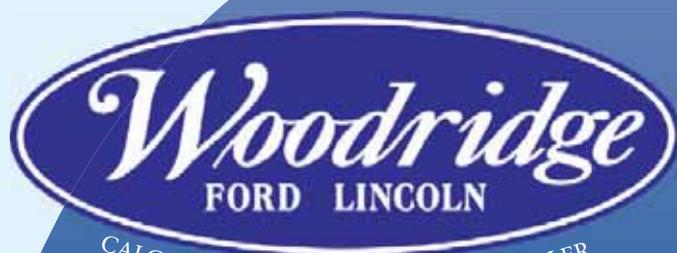
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On long trips it can be difficult to keep the youngsters (and even some of the oldsters) amused, especially when travelling without the benefit of video or electronic devices. The U.S.A. License Plate Game from Melissa & Doug toys is an easy, yet fun geography lesson: you simply record all of the plates that you or your kids spot along the highway by flipping over the miniature plate tiles featured for all 50 states (sorry, no Canadian provinces). The playing board measures 35 by 25 centimetres and the best part, perhaps, is that there are no loose parts to fall beneath the seats and there are no batteries to replace. It sells for \$20 US and can be ordered from melissaanddoug.com.



Catch a Guppie today

Of all the different knives available from the Columbia River Knife & Tool Company, the Guppie has to be the most functional and would be the handiest to keep in your vehicle. Along with a five-centimetre stainless-steel blade, the Guppie 9070 functions as a light-emitting-diode (LED) flashlight, adjustable wrench (up to half an inch), bottle and can opener and includes two different sizes of detachable flat blade and phillips-head drivers. The Guppie's built-in clip also allows the user to attach it to their pants or shirt pocket and it doubles as a money clip. The Guppie sells for \$45 US and can be purchased at crkt.com/guppie



What's in your garage?

Is that a jet fighter in your garage, or is it a boat, horse or anything else that suits your fancy? In fact, it can be almost anything you want it to be when you choose a mural from style-your-garage.com. This Germany-based company specializes in dressing up boring, single or double-sized garage doors with a variety of images from the company's gallery. However you can also submit your own images to be used in the same fashion. Each one is made of "indestructible" material that attaches to wood or metal doors with self-adhesive Velcro fasteners and should take you and a buddy between 30 and 60 minutes to put up. Prices start at about \$220 US for single doors and \$375 US for double doors. Visit at style-your-garage.com



A free owners' manual

It can be annoying to misplace your owner's manual, or purchase a vehicle that's missing this document. Fortunately there's a good samaritan out there who can help out. He (or she) has made available downloadable copies of manuals for many makes and models, in some cases going back as far as the early 1990s (more than 2,000 in total). Included on the list are manufacturers like General Motors, Ford, Chrysler, Acura/Honda, Toyota and Volvo. Obviously that still leaves gaps in the collection, but with the assistance from members of the public the variety of manuals is growing daily. The best part of all is that you pay absolutely nothing for this service. Visit justgivemethedamnmanual.com



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Small is the new big

Nissan Motor Co. Chief Operating Officer Toshiyuki Shiga poses in front of its compact car Dayz during a press conference in Tokyo. Japanese automakers Nissan and Mitsubishi are joining forces to grab a bigger share of the country's lucrative market for tiny cars, now dominated by their rivals. The new model, which went on sale this month as Dayz for Nissan Motor Co. and eK Wagon for Mitsubishi Motors Corp., marks the first time Nissan has been involved from start to finish in minicar development. AP PHOTO/KOJI SASAHARA

Road trip warriors

Geographically, Canada is the second largest country in the world, covering 9,984,670 square kilometres, with more than 234,000 kilometres of shoreline (the longest in the world). Take into account the variances in elevation, seasonal climate and sheer choice of attractions in each province, and you've got all the best ingredients for a great road trip. So what should you look for in a vehicle that's built for seeing the country? Below are several "road trip recommended" vehicles, courtesy of the experts at autoTRADER.ca.

NEWS CANADA
ALL PHOTOS HANDOUTS

Going somewhere fast

Yes, it's a bit of a splurge, but the Mercedes-Benz E63 AMG Wagon has the room for all that stuff you'll need for the long haul, and the bragging rights to more than 500 horsepower and an AMG badge. This wagon lives in the fast lane.



Efficiency

The Volkswagen Golf Wagon TDI is a diesel-fueled wonder that relinquishes nothing on the drive-ability scale. With used models priced well under \$25,000, you'll be saving on the sticker price as well as at the pump.



Going where roads end

Have a sense of adventure? Will you be off-roading or back-country driving? Then consider a Jeep Wrangler. You'll enjoy its powerful engine, classic design, and (with the top down) more of the great Canadian outdoors.



Family Value

There's a reason the Dodge Grand Caravan has been Canada's best selling minivan for more than 20 years. It has roominess and reliability to spare, as well as great safety features such as electronic stability control and a camera for when you back up.



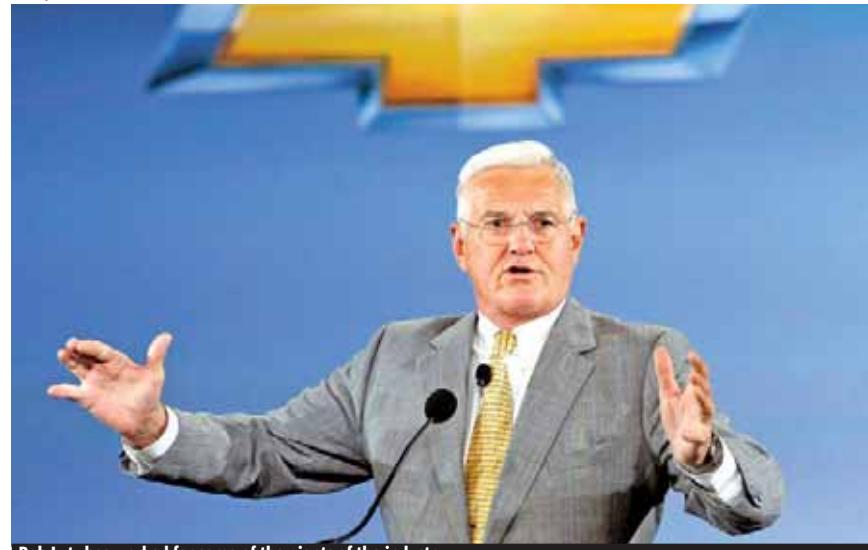
In every boss lies an icon and an idiot

Autopilot. Automotive success Bob Lutz tells us to take the good with the bad boss-wise and always learn from your time under them

 AUTO PILOT
Mike Goetz
drive@metronews.ca

Over his illustrious five-decade career in the auto biz, successful automotive executive Bob Lutz has worked with a lot of famous bosses. From that vantage point he noticed that most of the really successful ones were also "mentally and emotionally askew."

In his new book, *Icons and Idiots*, Lutz profiles nine such bosses (and one teacher and one Marine drill sergeant), all of which have taught him major lessons in leadership. The title doesn't mean that some are idiots and some are icons. Rather



Bob Lutz has worked for some of the giants of the industry. GETTY IMAGES

that every strong leader is a bit of both.

"There's a good side, which gets the job done," says Lutz. "There's often a downside that makes them hard to understand or difficult to work for. It's precisely because they are impatient, stubborn, opinionated, un-

satisfied and domineering that they are successful."

His advice to those of us currently dealing with such unbalanced bosses is to learn to take the good with the bad. Here are a few examples of what Lutz has learned:

From sadistic Marine Corps

Staff Sgt. Donald Giusto: "Learning to continue to function in the face of failure, betrayal, acute disappointment, all the while physically and mentally tired, perhaps without food, is what the Marine Corps expects from its members. What it demonstrated to me

is that we are all capable when the chips are down, of doing far more than we think we can. Sgt. Giusto unlocked the hidden reservoirs of capability in all of us."

From Harold A. "Red" Poling, ultimate bean counter, and not a nice guy:

"Red taught me that the tough uncompromising, unfeeling, almost nasty approach to initial cost and investment estimates could produce meaningful saving ... The Poling approach served me well during my later tenure at Chrysler and my last tour at GM, although I was always at pains to leaven it just a bit with humour, engineering and marketing judgment." Lutz also noted to never forget that you can still learn stuff from bosses you can't stand.

From Ralph Mason, a cheerful but serious alcoholic, and product of a bygone era, when there was a lot of hard drinking in the auto industry:

"Ralph nevertheless fo-

cused on what was important and advanced the cause of GM and its shareholders." Lutz also said Mason often went home early to get plastered, but had a good team behind him, trusted them and didn't interfere.

From Rick Wagoner, the capable GM president that couldn't turn GM around:

"A magnificent human being, Rick was simply too nice, too introspective and too thoughtful in many of his actions to see the company through the turbulence of 2008-09... Tolerant of mediocrity, ... it was painful to see Rick protect and support many officers who, to my eyes, personified the large corporate culture of 'look good, sound good, prepare well for meetings, and never disagree with the boss.'" But Lutz considers Wagoner the perfect "peacetime" CEO, and says Wagoner's moves to buy Daewoo and go aggressively into China are cornerstones of GM's current success.



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AMVIC LICENSEE

Tune your suspension just like a guitar

Driving force. Kia's engineers know it's a lengthy process to make sure their vehicles' suspension is just right

JIL MCINTOSH
drive@metronews.ca

Vehicles have specific "rides," depending on what they are: a family sedan will ride smoother than a sports car's harsher suspension, for example, but its steering won't be as firm.

These characteristics are achieved through a procedure called suspension tuning. "The rubber bushings, shocks, springs, stabilizer bars and tires can all be tuned to reach a specific target," says Vu Banh, ride and handling senior engineer at the Hyundai-Kia America Technical Center in California.

"Depending on what's desired, if it's ride comfort or sporty handling, you can adjust these parts to reach that goal."

It takes about a year to do

the job, which begins when engineers receive the first prototype of a new model. "We start tuning and get a rough setting for that one," Banh says. "Then we get another vehicle that's closer to the production car, and we'll put those (prototype) settings in, fix any issues, make more adjustments and continue refining as much as we can."

Computers are used extensively in vehicle design, but they're not as useful in suspension tuning, because they can't accurately simulate rubber. Tuning is a painstaking process of making adjustments and then driving the car to see how it feels, over and over again.

How it's done depends on the part. Shock absorbers contain hydraulic oil, and if internal valves are adjusted to different oil flow, the shocks become firmer or softer. Engineers can use soft or hard rubber bushings, or different types of springs to achieve various results. Even the tires become part of the process.

"If we come up with a new

Tuned in
"Depending on what's desired, if it's ride comfort or sporty handling, you can adjust certain parts to reach that goal."

Vu Banh, ride and handling senior engineer at Hyundai-Kia America Technical Center.

shock setting, for instance, we'll possibly (use) a new tire," Banh says. "Then we'll work around that, going back and forth with the shock tuning until it meets the target."

Many new cars now have electric power steering, which uses a motor in the steering column. Unlike hydraulic systems, which use pumps to regulate fluid flow, the motor can be tuned electronically. Engineers dial in the steering for more assist at lower speeds, such as when manoeuvring in parking lots, and less at higher speeds for easier control on the highway. They also aim for good "on-centre feel," where the car stays straight without the need for constant steering wheel correction.

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Vehicular viewing at a cinema near you ...

Must see motoring movies

You can't very well call yourself a fan of high-speed thrills if you haven't seen these flicks:



Senna (2010)

Formula One champion Ayrton Senna's obsession with winning at all costs as well as his rivalry with Alain Prost is documented in *Senna*. A must-watch documentary that will engross you from start to finish.



GrandPrix (1966)

Movie bosses wanted Steve McQueen for the lead role, but that fell through and James Garner stepped in and was a natural behind the wheel, and possibly as good as McQueen. About as close to real-life vintage racing as you'll find and with plenty of off track drama to boot.



Le Mans (1971)

Still riding the high from *Bullitt* in 1968, Steve McQueen did his own driving in *Le Mans*, the high-revving movie about competing in the 24 Hours of Le Mans endurance race. Crank it up since sound is just as important as the French countryside blowing past at 300 km/h.

Autoknow. Historically, it has been easy to turn something as exciting as auto racing into a theatrical disaster ... but thankfully there are the classics too

TODD D.
BURLAGE
wheelbasmedia.com

Like buttered popcorn and red licorice, race cars and fiery crashes remain a reliable one-two punch for moving money and turnstiles at a theatre near you ... maybe now more than ever.

Speed, danger, cinematography — and often humour — keep racing movies a big draw, and top film producers working overtime to meet the demand.

In the 11 months from May of 2013 to March of 2014, at least five auto-racing movies are scheduled for release, featuring everything from an intense friendship and rivalry between drag racers in *Snake and Mongoose*, to animated fun with Snoop Lion and Samuel L. Jackson as character voices in *Rush*.

Racing movies know no boundaries. Comedic films such as *Talladega Nights: The Ballad of Ricky Bobby* (2006), and even ones with a dash of romance such as *Days of Thunder* (1990), continue to gross millions in online and DVD sales and rentals.

Measured together, racing movies have combined to make more than \$2 billion US since the silent picture *Speedway* was filmed at the Indianapolis Motor Speedway and released in 1929.

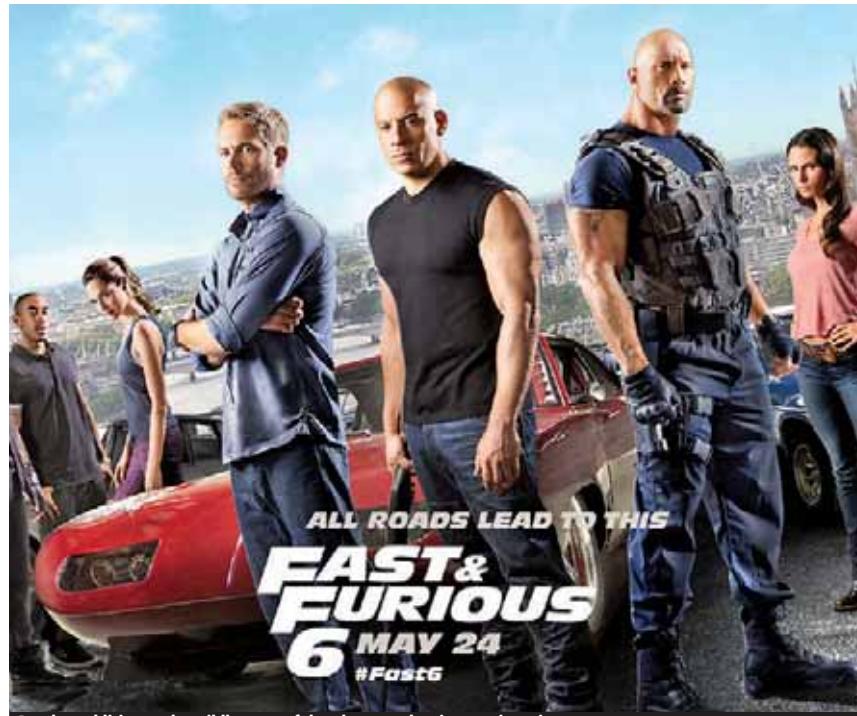
So what gives? And why do so many of these racing flicks stand the test of time?

Andrew Hall of the blog *Automobiles and American Life* reports that a good film provides sensory overload and an edge-of-your seat experience through the racing, with some intrigue through the writing and acting.

"(Racing movies) are an important piece of cinema history because they are at the genesis of the action thriller," Hall writes. "These films define what the action thriller is in today's Hollywood."

Rush highlights a rash of racing movies hitting theatres in the coming months.

Set for release on Sept. 20, this docudrama directed by two-time Oscar winner Ron Howard examines the heated rivalry between Formula One drivers Niki Lauda and James



Another addition to the wildly successful underground racing movie series.

Hunt. A story of perseverance, the movie centres on the historic 1976 championship when Lauda kept racing, even after losing his right ear and suffering severe burns to his face after a crash at the Nürburgring race track in Germany.

Early reviews from the lucky few to get a sneak peak are calling *Rush* one the brightest racing films of all time. In an interview with *Car Magazine*, director Howard said he treated the making of *Rush* similarly to how he approached *Apollo 13*, his epic space-survival drama from 1995.

"*Rush* gives a broad overview of racing in the '70s, but it's more than a racing movie," Howard said. "It's about the nature of rivalry. I think it will be very cinematic, very fresh for audiences."

At any age, racing stories of all kinds have captured the

imagination of movie buffs and race fans for decades. But be warned, filmmakers: always guard against taking creative liberties because auto-racing enthusiasts make the most discerning film critics.

The ESPN TV movie 3: The Dale Earnhardt Story was harshly criticized by diehard race fans who noticed numerous production and technical errors. The best way to guard against any inaccuracies is to take reality out of it, and fiction is where you'll find many of the all-time great racing movies.

Le Mans (1971), starring Steve McQueen, is considered by many to be the best racing movie ever made. *Winning* (1969), starring Paul Newman, was a turnstile hit, as was *Grand Prix* (1966), starring James Garner.

A comedic look at auto ra-

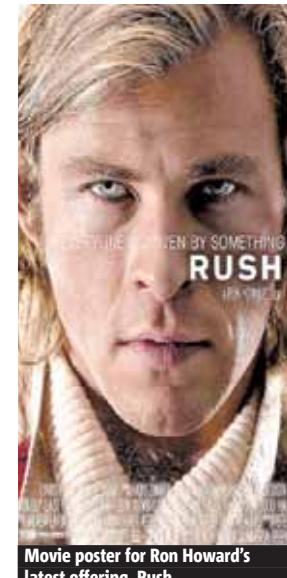
cing has also provided many blockbusters with classics such as *The Love Bug* (1969), *The Cannonball Run* (1981), and *Stroker Ace* (1983).

But for the true auto-racing enthusiast, the real-life stories will always top the must-see list. In 2010, *Senna* — an independent film on the life and death of legendary F1 driver Ayrton Senna — was released to critical acclaim and eventually swept nearly every movie award internationally for best documentary.

Race cars and movie curtains don't necessarily seem like the perfect marriage, at least at first glance. But given a record of success, and revenues in the billions of dollars, another rash of racing films ready for release shouldn't surprise anyone. In fact, the surprise might be that they could actually be worth watching.



Director Ron Howard on the set of *Rush*. ALL IMAGES WHEELBASE



Movie poster for Ron Howard's latest offering, *Rush*.

Ones to watch out for

1) Snake and Mongoose. Scheduled to hit theatres on Sept. 6, just two weeks before *Rush*, *Snake and Mongoose* tells the story of the on- and off-track competition between drag racing pioneers Don The Snake Prudhomme and Tom The Mongoose McEwen in the '60s and '70s.

2) Fast & Furious 6. It opened in May to solid attendance in the latest instalment of the widely successful movie series that has made its tens of millions of dollars using an underground car-racing theme. The action sequences during the last half hour should earn it high praise for creativity and plot twists.

3) Need for Speed. Scheduled for release in March of 2014, with filming already under way, *Need for Speed* will open as an action-thriller built around a cross-country race with revenge and bounty hunting as the side plots.

• 4) Turbo. And in an attempt to stand alongside the Disney animated mega-hit *Cars*, DreamWorks will release *Turbo* on July 17, a children's movie about a snail chasing a dream to win the Indianapolis 500.

Horoscopes

Aries**March 21 - April 20**

Create something wonderful today. This can be one of the most productive times of the year for you, so get serious and get busy working on something that makes your world, and the world at large, a better place.

Taurus**April 21 - May 21**

Whatever problems you may have with a relationship, you won't work it out by trying to force the other person to conform to your way of thinking. Try seeing things from their point of view.

Gemini**May 22 - June 21**

The Sun's link to Jupiter in your sign today will help you to express yourself freely. It will also help you to get over some kind of falling out you had with a loved one.

Cancer**June 22 - July 23**

Focus on the realities of your everyday situation and avoid any and all forms of wishful thinking. Above all, don't let others' negativity blind you. Life is a garden of delights but too few people see it that way.

Leo**July 24 - Aug. 23**

You will come out on top today, especially if you focus on things you are good at, things you really enjoy. You will enjoy them more if some people say you should not be doing them.

Virgo**Aug. 24 - Sept. 23**

Moderation is a must today, especially if you are one of those Virgos who tends to get carried away when they find something they really enjoy.

Libra**Sept. 24 - Oct. 23**

The Sun close to Jupiter in one of the best areas of your chart means you will have a thoroughly good day. Do a bit of travelling, even if it's only to the corner store and back.

Scorpio**Oct. 24 - Nov. 22**

Your taste for the good things in life could lead to you spend too much today but in the greater scheme of things, it's no big deal. Retail therapy could in fact be just what you need to cheer you up.

Sagittarius**Nov. 23 - Dec. 21**

Jupiter, your ruler, links with the Sun in the partnership area of your chart today, making it easier for you to compromise with people you don't always see eye-to-eye with. Don't compromise too much though.

Capricorn**Dec. 22 - Jan. 20**

Don't limit the goods deeds you do to people you know. Help those you encounter in daily life too, even if they are total strangers. Your generosity will have a knock-on effect that touches so many lives.

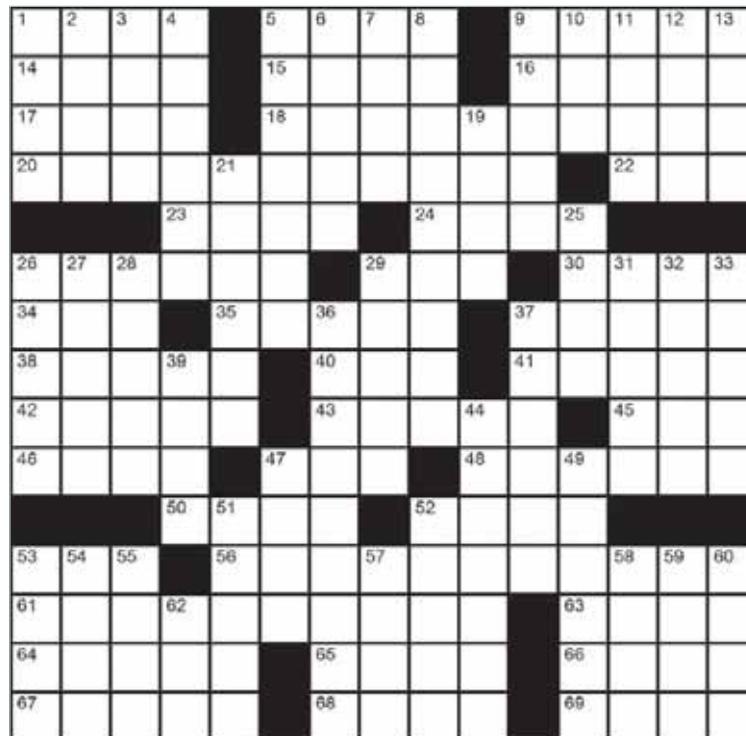
Aquarius**Jan. 21 - Feb. 19**

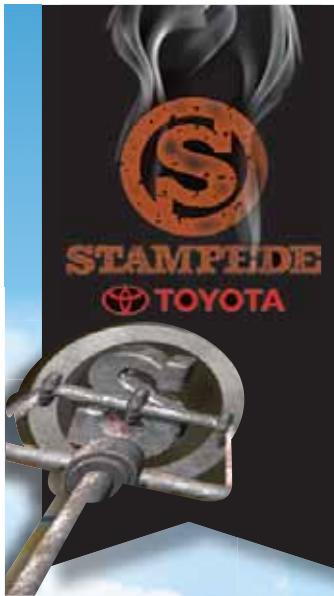
Life is good and getting better by the hour, the day, the minute. Creatively and romantically you are in such a positive mood that you attract people and situations that bring thrills aplenty. Lucky you.

Pisces**Feb. 20 - March 20**

At home and work, people will want to do things for you today, and if you are smart you will let them. You'll feel good about it, they'll feel good about it. **SALLY BROMPTON**

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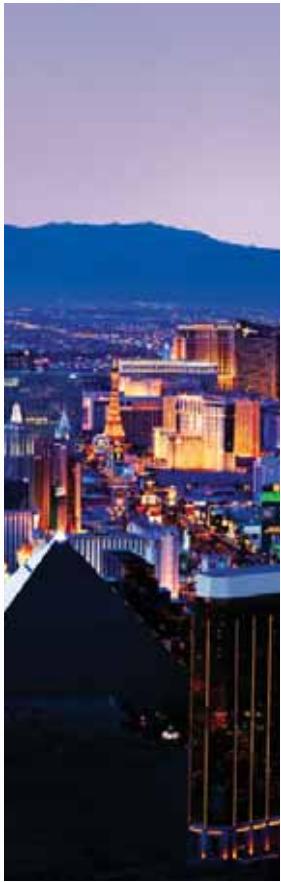


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